

**RUNNING EVENTS**

**DISTANCE CARNIVAL**

Time	Event	Time	Event
3:00 PM	100 Hurdles - Heat 1	6:05 PM	M 800 - Heat 1
3:05 PM	100 Hurdles - Heat 2	6:10 PM	W 800 - Heat 3
3:10 PM	110 Hurdles	6:15 PM	W 800 - Heat 2
3:20 PM	W 4 x 100 Relay	6:20 PM	W 800 - Heat 1
3:30 PM	M 4 x 100 Relay	6:25 PM	W 1500 - Heat 3
3:40 PM	W 400 - Heat 1	6:33 PM	M 1500 - Heat 2
3:45 PM	W 400 - Heat 2	6:40 PM	W 1500 - Heat 2
3:50 PM	M 400 - Heat 1	6:48 PM	M 1500 - Heat 1
3:50 PM	M 400 - Heat 2	6:55 PM	W 1500 - Heat 1
3:55 PM	W 100 - Heat 1	7:10 PM	W Steeple
4:00 PM	W 100 - Heat 2	7:25 PM	M Steeple
4:05 PM	M 100 - Heat 1	7:40 PM	M 5,000 - Heat 4
4:10 PM	M 100 - Heat 2	8:00 PM	W 5,000 - Heat 3
4:15 PM	W 400 Hurdles	8:22 PM	M 5,000 - Heat 3
4:20 PM	M 400 Hurdles	8:42 PM	W 5,000 - Heat 2
4:30 PM	W 200 - Heat 1	9:04 PM	M 5,000 - Heat 2
4:35 PM	W 200 - Heat 2	9:24 PM	W 5,000 - Heat 1
4:40 PM	W 200 - Heat 3	9:45 PM	M 5,000 - Heat 1
4:45 PM	M 200 - Heat 1		
4:50 PM	M 200 - Heat 2		
4:55 PM	M 200 - Heat 3		
5:15 PM	W 4 x 400 Relay		
5:20 PM	M 4 x 400 Relay		

**FIELD EVENTS**

Time	Event
10:00 AM	M Discus
10:00 AM	W Shot Put
11:30 AM	M Shot Put
11:30 AM	W Discus
1:00 PM	W High Jump
1:00 PM	W Long Jump
1:00 PM	M Long Jump
2:00 PM	W Pole Vault
2:00 PM	M Pole Vault
3:00 PM	M High Jump
4:00 PM	W Triple Jump
4:00 PM	M Triple Jump